AMENDMENTS TO THE CLAIMS

Please cancel Claims 2-9 and 11-31.

Please add new Claims 32-67.

32. (New) An exercise apparatus comprising:

(a) a frame with an upper region and a main pivot axis located laterally in the upper region; the frame further including a fore direction and an aft direction, the main pivot axis being located generally transverse to the fore and aft directions.

(b) a press arm having a main arm member and a pair of secondary arms; the main arm member pivotally connecting to the frame about the main pivot axis; the secondary arms pivotally connecting to the main arm member about secondary axes, the secondary axes being laterally spaced apart and oriented in a generally upright manner; and

(c) a source of resistance coupled to the press arm; wherein the apparatus includes at least one starting position in which the secondary axes are located aft of the main pivot axis.

33. (New) The apparatus according to Claim 32, wherein during use, the secondary axes are at all times located below the main pivot axis.

34. (New) The apparatus according to Claim 32, wherein, during use, the arms are capable of pivoting inward and outward about their respective secondary axes while the combination is simultaneously pivoting about the main pivot axis, thus allowing the user to perform either a straight chest press exercise motion or one incorporating a butterfly motion therewith.

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35. (New) The exercise apparatus of Claim 32, wherein the main arm member includes an upright portion having an upper end and a lower end, the upper end being pivotally coupled to the main pivot axis; the main arm member further including a transverse cross member having a middle region connected to the lower end of the upright portion and first and second ends located laterally outward of either side of the middle region.

36. (New) The exercise apparatus of Claim 35, wherein the secondary pivots are disposed at the opposite ends of the transverse cross member.

37. (New) The exercise apparatus of Claim 35, wherein the upright portion is located in a vertical plane, its lower end being below its upper end.

38. (New) The exercise apparatus of Claim 35, wherein the lower end of the upper portion is also aft of its upper end, whereby the connection between the transverse cross member and the upright portion is also aft of the main pivot axis.

39. (New) The exercise apparatus of Claim 35, wherein the connection of the transverse cross member to the upper portion is a nonrotatable connection.

40. (New) The exercise apparatus of Claim 32 wherein the secondary arms rotate about axes that are substantially parallel to each other.

41. (New) The exercise apparatus of Claim 32, wherein the secondary axes are inclined from the vertical in a forward direction.

42. (New) The exercise apparatus of Claim 32, wherein the secondary axes are orthogonal to the main pivot axis.

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43. (New) The exercise apparatus of Claim 32, wherein the secondary arms extend at an oblique angle relative to their respective secondary pivot axes.

44. (New) The exercise apparatus of Claim 32, wherein said source of resistance comprises a weight coupled to the press arm via one or more cables.

45. (New) The exercise apparatus of Claim 44, wherein the cables are supported by at least one pulley rotatably mounted on the main arm member.

46. (New) An exercise apparatus comprising:

(a) a frame with an upper region and a main pivot axis located laterally in the upper region; the frame further including a longitudinal axis, the main pivot axis being located generally transverse to the longitudinal axis.

(b) a press arm having a main arm member and a pair of secondary arms; the main arm member pivotally connecting to the frame about the main pivot axis; the secondary arms pivotally connecting to the main arm member about secondary axes; the secondary axes being laterally spaced apart, one to either side of the longitudinal axis; and

(c) a source of exercise resistance coupled to the press arm; wherein during use, the secondary axes are at all times located below the main pivot axis.

47. (New) The apparatus according to Claim 46, wherein the apparatus includes at least one starting position in which the secondary axes are located aft of the main pivot axis.

48. (New) The apparatus according to Claim 46, wherein, during use, the arms are capable of pivoting inward and outward about their respective secondary axes while the combination is simultaneously pivoting about the main pivot axis, thus allowing the user to

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perform either a straight chest press exercise motion or one incorporating a butterfly motion therewith.

49. (New) The exercise apparatus of Claim 46, wherein the main arm member includes an upright portion having an upper end and a lower end, the upper end being pivotally coupled to the main pivot axis; the main arm member further including a transverse cross member having a middle region connected to the lower end of the upright portion and first and second ends located laterally outward of either side of the middle region.

50. (New) The exercise apparatus of Claim 46, wherein the secondary axes are disposed at the opposite ends of the transverse cross member.

51. (New) The exercise apparatus of Claim 46, wherein the upright portion is located in a vertical plane, its lower end being below its upper end.

52. (New) The exercise apparatus of Claim 46, wherein the lower end of the upper portion is also aft of its upper end, whereby the connection between the transverse cross member and the upright portion is also aft of the main pivot axis.

53. (New) The exercise apparatus of Claim 46, wherein the secondary arms rotate about axes that are substantially parallel to each other.

54. (New) The exercise apparatus of Claim 46, wherein the secondary axes are inclined from the vertical in a forward direction.

55. (New) The exercise apparatus of Claim 46, wherein the secondary axes are orthogonal to the main pivot axis.

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56. (New) The exercise apparatus of Claim 46, wherein the secondary arms extend at an oblique angle relative to their respective secondary pivot axes.

57. (New) The exercise apparatus of Claim 46, wherein the connection of the transverse cross member to the upper portion is a nonrotatable connection.

58. (New) The exercise apparatus of Claim 46, wherein said source of resistance comprises a weight coupled to the press arm using one or more cables.

59. (New) The exercise apparatus of Claim 58, wherein the cables are supported by at least one pulley rotatably mounted on the main arm member.

60. (New) An exercise apparatus comprising:

(a) a frame with an upper region and a main pivot axis located laterally in the upper region; the frame further including a fore direction and an aft direction, the main pivot axis being located generally transverse to the fore and aft directions.

(b) a press arm having a main arm member and a pair of secondary arms, each with proximal and distal ends; the main arm member pivotally connecting to the frame about the main pivot axis; the proximal ends of the secondary arms pivotally connecting to the main arm member about secondary axes, the secondary axes being laterally spaced apart and oriented in a nonhorizontal manner; and

(c) a source of resistance coupled to the press arm; wherein, during use, the apparatus includes at least one operative position in which the distal ends of the secondary arms are located inward of their corresponding proximal ends in planview.

61. (New) The exercise apparatus of Claim 60, wherein the apparatus includes at least one starting position in which the secondary axes are located aft of the main pivot axis.

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62. (New) The exercise apparatus of Claim 60, wherein, during use, the secondary axes are at all times located below the main pivot axis.

63. (New) A press arm for an exercise machine comprising:

(a) a main arm member having an elongate portion and a transverse cross member having a midsection; the elongate portion including a first region adapted to pivotally connect to an axis that is generally orthogonal to the elongate portion and a second region nonrotatably connected to the midsection of the transverse cross member, the elongate portion extending outward from the transverse cross member; the transverse cross member including first and second ends located apart from one another, with the midsection of the member located therebetween; and

(b) a pair of secondary arms, one rotatably coupled to each end of the transverse cross member; the secondary arms being rotatable inward and outward, toward and away, from the midsection of the transverse cross member.

64. (New) The press arm of Claim 63, wherein during use, the main arm member is disposed above the secondary arms.

65. (New) The exercise apparatus of Claim 63, wherein the secondary arms rotate about axes that are substantially parallel to each other.

66. (New) The exercise apparatus of Claim 63, wherein the secondary arms extend at an oblique angle relative to their respective secondary pivot axes.

67. (New) The exercise apparatus of Claim 63, wherein the connection of the transverse cross member to the upper portion is a nonrotatable connection.

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